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Tips For Maintaining Work-Life Balance

by Nathaniel Brengle

For many, maintaining a proper work-life balance can be a struggle even in the best of times. It's understandable if this year it has felt impossible. But the reality is it's never been more critical.

As more and more people work from home, the lines between work and home have blurred more than ever before. Bedrooms, living rooms, and spare bedrooms have become offices, classrooms, and daycares. Daily commutes to-and-from work that would traditionally serve as a mental transition period between

work and home are gone, and with it, for some, the mental off-switch that would result from a drive home listening to the radio or favorite podcast.

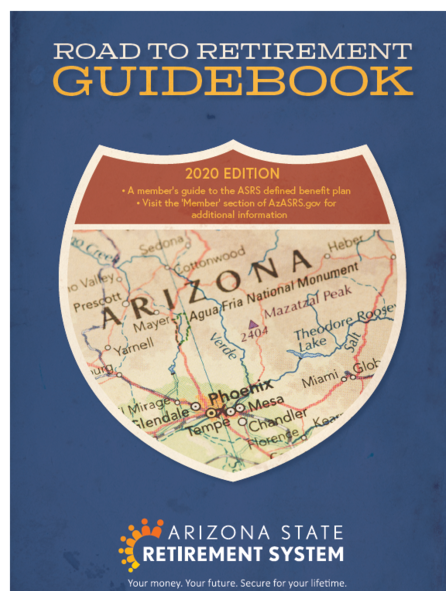
[Learn tips for achieving balance, and why it's important >>](#)

Check Out Our Member Guidebook!

by Nathaniel Brengle

Did you know the ASRS has a member guidebook, full of helpful information for early career members, about-to- retire members, and everyone in between? It's called the *Road to Retirement Guidebook*, and it's currently available as a PDF from our website.

Recently updated, it's a fantastic resource for members. It gives information about the various member meetings we offer and the topics covered in each. It touches on "your overall retirement picture" and what role social security and personal saving may play in retirement. It also talks about additional benefits you may not be aware of, such as long term disability or survivor benefits.



All told, our *Road to Retirement Guidebook* is just over 30 pages, with chapters about member education, overall retirement picture, pension benefit structure, additional benefits, naming a beneficiary, annuity options, service purchase, working after retirement, and much more.

[Download your copy here](#), or look for it on the [Forms & Publications](#) page of AzASRS.gov.



When Can I Retire?

A number of factors determine when a member reaches what the ASRS calls "normal retirement," or retirement without penalties for retiring early. Learn what those factors are in this quick video overview.

[Watch the *When Can I Retire?* Video >>](#)

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